



4-H Youth Development Chairman Training – Year One

Overview

It takes volunteers, Extension Homemakers, and senior 4-H members (ages 14-18) to teach life skills to younger 4-Hers (Cloverbuds, ages 5-8 and Junior 4-Hers, ages 9-13). Therefore, sharing the Extension Homemaker 4-H Chairperson Volunteer position description and Extension Homemaker 4-H Plan of Work will educate and clarify the duties of the county, area, and club Kentucky Extension Homemaker 4-H Chair. These duties include:

- Share the newly revised Volunteer Interest Survey with local 4-H and FCS Agents, homemaker clubs, and councils.
- Get involved with 4-H camp.
- Volunteer and lead a cooking/culinary club to teach proper techniques for reading recipes, food safety and preparation. The approved 4-H cooking curriculum is Cooking 101, Cooking 201, Cooking 301, and Cooking 401. Ask your local 4-H Youth Development Agent for a copy or request for a copy to be purchased from National 4-H. (Request Cooking 101 first, as each book builds on the curriculum prior.)

Goals and Objectives

- To provide training information and materials to Kentucky Cooperative Extension Agents and Extension Homemakers.
- To have increased involvement in 4-H Youth Development programs by Extension Homemakers.
- For youth to be “beyond ready” for tomorrow with the life skills developed in CES programs.

Year One – 4-H Cooking/ Culinary Clubs

Extension Homemakers develop 4-H Cooking/ Culinary Clubs and use recipes that can be entered into county fair, project days, or rally days.

- CES Homemakers start a cooking/ culinary club in their respective county or area.
- Meet with 4-H Youth Development and Family Consumer Sciences Agent together to discuss your plans for developing a club or plans for increased Extension Homemaker involvement.



Skill/Grade Level

- The intention of this lesson is to be utilized with 4-H Youth Development Chairman of The Kentucky Extension Homemakers Association.

Curriculum

- Kentucky 4-H Cooking 101, 202, 301, 401

Time Needed

- 1 hour (time may vary depending on group size)

Materials Needed

- 4-H Approved Foods Curriculum
- 4-H Foods State Fair Division Catalog
- Extension Homemakers 4-H Interest Survey

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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Year One – 4-H Cooking/ Culinary Clubs...Continued

- Make a 4-H cooking/culinary invitation notice for local CES newsletter or email blast.
- Invite parents to join or volunteer based upon UKY client protection protocol.
- Volunteers can teach lessons on topics such as:
 - How to read recipes.
 - Food preparation.
 - Food Safety.
 - How to measure ingredients properly.
 - Knife skills.
 - Dining etiquette.
- Request Cooking 101, 201, 301, 401 Curriculum is available for your use.
- Prepare recipes that can be entered into the club's respective county fair or rally day under the foods/ culinary division.

Activity 1: Understanding 4-H Foods & Project Work (15 min)

Kentucky Extension Homemakers will explore 4-H Foods Curriculum and match to state fair project work. Step 1: Divide the group into teams of 2-3 persons each. Step 2: Handout one of any level of the 4-H Curriculum, Cooking 101, 201, 301, and 401. Step 3: Give each group a copy of the 4-H Foods Division of the state fair catalog. *Your 4-H Agent will have a copy of both the curriculum as well as the 4-H Foods Division of the Kentucky State Fair.* Step 4: Have each group review the curriculum level they were provided and match the recipes in the curriculum to the classes in the 4-H Foods Division of the Kentucky State Fair Catalog.

Reflect (5 min)

Facilitate group discussion by asking the following questions:

Share: What recipes from your assigned curriculum level matched the Kentucky 4-H State Fair Foods Division?

Process: How can Extension Homemakers support youth in meeting fair guidelines?

Generalize: What similarities do you see between planning for foods projects and planning for other 4-H projects?

Apply: What strategies can we use to involve parents and volunteers in helping youth prepare for fair entries?





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Activity 2: Extension Homemaker Interest Survey Tool (15 min)

Step 1: Divide the group into teams of 2-3 persons each. (The groups can stay in the small groups of Activity 1.
Step 2: Give each person in the group a copy of the Extension Homemaker Interest Survey Tool. Step 3: Have each person identify one skill they have that matches an interest listed on the survey. Step 4: Brainstorm as a small group, how each person's interest could become a 4-H project day or club in their respective county?

Reflect (5 min)

Facilitate group discussion by asking the following questions:

- Share: What skills or interests did you identify from your survey that match a 4-H project area?
Which volunteer role (club leader, project day helper, judge) feels most exciting to you?
- Process: How does connecting personal skills to 4-H opportunities help strengthen local programs?
- Generalize: What similarities do you see between planning for foods projects and planning for other 4-H projects like sewing, photography, or gardening?
- Apply: What is one concrete step you can take to use your skills in a 4-H club or project day?
How can we involve parents and other volunteers to expand these opportunities for youth?

KEHA 4-H Youth Development Contests

- A. Most innovative 4-H & Extension Homemaker partnership project to promote 4-H Youth Development (gift card & \$50)
- B. Volunteer Hours for 4-H (certificate & small gift) (Hours can only be submitted in ONE category.)
 - 1. Club with the most 4-H volunteer hours
 - 2. County with the most 4-H volunteer hours
 - 3. Area with the most 4-H volunteer hours
- C. 4-H Camp Scholarships (certificate & small gift)
 - 1. Club with the largest dollar amount donated for 4-H camp scholarships
 - 2. County with the largest dollar amount donated for 4-H camp scholarships
 - 3. Area with the largest dollar amount donated for 4-H camp scholarships





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Resources

Kentucky 4-H Cooking 101, 201, 301, and 401.

<https://shop4-h.org/products/copy-of-4-h-cooking-curriculum-101>

Kentucky Extension Homemakers 4-H Youth Development

<https://keha.mgcafe.uky.edu/content/4-h-youth-development>

Kentucky Extension Homemakers 4-H Interest Survey

https://keha.mgcafe.uky.edu/sites/keha.ca.uky.edu/files/4-H_Interests%20Questionnaire%202025.pdf

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